

WELCOME

DIAA Wrestling Rules Clinic

Tuesday, October 26, 2021

7pm

Virtual Meeting



Agenda

- **Welcome**
- **Buddy Lloyd, SWC Chair**
- **DIAA Rule Clinic Presentation**
- **DIAA Wrestling State Rules Interpreter Presentation - Joe Lobozzo**



DIAA STAFF

Donna Polk, Executive Director
Steph Mark, Coordinator of Athletics
Tanya Reed, Secretary

Main Number: 302-857-3365

diaa@doe.k12.de.us



DIAA PURPOSE

- to preserve and promote the **educational significance** of interscholastic athletics;
- to ensure that interscholastic sports remain compatible with the **educational mission** of the member schools;
- to provide for **fair competition** between member schools;
- to promote **sportsmanship** and ethical behavior;
- to establish and enforce **standards of conduct** for athletes, coaches, administrators, officials and spectators;
- to protect the **physical well-being** of athletes; and
- to promote **healthy adolescent lifestyles**.



Connect with DIAA



Page: Delaware Interscholastic Athletic Association

www.facebook.com/DelawareInterscholasticAthleticAssociation



Twitter

@DIAA_Delaware



Instagram

@DIAA_de

DIAA

<https://education.delaware.gov/diaa/>

**Newly launched website in September
2021 - Starting point for ALL
DIAA information and related links**



Resources

- DIAA Board of Directors
 - (found on DIAA Website)
 - Calendar
 - Minutes
- Sport Committee Meetings
 - (found on Delaware Public Meeting Calendar)
 - Minutes



Websites4Sports

Your School Site

WebSites4Sports.com

Coaches and A.D.s

Updated and accurate information:
schedules, rosters, scores, pictures



DIAA Updates

COVID Mask Guidance

- DIAA Regulation 1011 was repealed on August 11.
- Masks are required to be worn by students, faculty, staff, and visitors inside school buildings regardless of vaccination status PER the following orders:
- [Department of Education Emergency Order 815](#)
- [Delaware Health Social Services Emergency Order 4202](#)
- Orders for reference can be found at:
<https://governor.delaware.gov/health-soe/>



DIAA Updates

COVID Mask Guidance - DOE EMERGENCY ORDER 815

- Current mask guidance per [Department of Education Emergency Order 815](#)
 - 6.0 COVID-19 Mitigation and Prevention
 - 6.1.1 All schools that serve students kindergarten through twelfth grade shall require mask use by all students, faculty, staff, and visitors inside school buildings, regardless of vaccination status.
- The Department of Education will receive, consider, and respond to petitions by any interested persons for reconsideration or revision of the amendments to the Emergency Regulation by addressing the petitions to the Department of Education, regulations.comment@doe.k12.de.us



DIAA Updates

COVID Mask Guidance - DHSS EMERGENCY ORDER 4202

- Delaware Health Social Services Emergency Order 4202
 - 7.7.1.1. All schools that serve students kindergarten through twelfth grade shall require mask use by all students, faculty, staff, and visitors inside school buildings, regardless of vaccination status.
- The Department will receive, consider, and respond to petitions by any interested person for recommendations or revisions of this Order. Petitions should be presented to the Division of Public Health, alanna.mozeik@delaware.gov.



COVID-19 MASK GUIDANCE

- **DIAA Officials are not to be enforcing mask requirements**
- It is the **MEMBER SCHOOL/HEAD COACH's** responsibility to ensure their team is in mask compliance per the emergency orders listed previously.
- This is also applicable to other persons in the contest facility (i.e. spectators) - it is the host school's game administrator's obligation to ensure mask compliance (**not the officials**)
- Officials may delay or pause the game if there are persons that are not in compliance.
- Issues of mask non-compliance can be referred to DIAA diaa@doe.k12.de.us who will send the compliance incident(s) to be dealt with by the Department of Education and Delaware Health and Social Services for further action



Recommended COVID Return to Play Protocol:

- DPH encourages member schools to continue to implement layered mitigation risk strategies among unvaccinated populations and in crowded settings where social distancing cannot be maintained.
- DPH reiterated that face coverings and frequent hand washing remain very effective to fighting the spread of COVID-19.
- DIAA member school coaches and sports teams are asked by DPH to encourage members of their communities to get vaccinated.
- Practicing Self-awareness - if you feel sick, stay home.



DIAA Requirements

- **Coaches requirements (Regulation 1008/1009 7.0)**
 - Attendance at DIAA rules clinic (required by Head Coach)
 - Hold a current CPR certification (all coaches)
 - Complete the NFHS “Concussion in Sports” course through NFHSLearn.com every 2 years (all coaches)

- **Officials requirements (Regulation 1008/1009.8.3)**
 - Attendance at DIAA rules clinic
 - Passing score of 85% on NFHS PART II rules exam
 - Complete the NFHS “Concussion in Sports” course through NFHSLearn.com every 2 (two) years



Sports Medicine

PPE – Medical Card (page 5)

COACHES:

Are encouraged to carry athletes' emergency contact information with you at ALL times. ATC should prepare and give them to you.

PRACTICES & GAMES

This is page 4 from their Physical Forms
[DIAA PPE]

SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

Section 1: CONTACT/PERSONAL INFORMATION

NAME: _____ SPORT(S): _____
AGE: _____ GRADE: _____ BIRTH DATE: _____ GUARDIAN NAME: _____
ADDRESS: _____
PHONE: (H) _____ (W) _____ (C) _____ (P) _____
Other authorized person to contact in case of emergency:
NAME: _____ PHONE(s): _____
NAME: _____ PHONE(s): _____
Preference of Physician (and permission to contact if needed):
NAME: _____ PHONE: _____
HOSPITAL PREFERENCE: _____ INSURANCE: _____
POLICY #: _____ GROUP: _____ PHONE: _____

Section 2: MEDICAL INFORMATION

MEDICAL ILLNESSES: _____
LAST TETANUS (mo/yr): _____ ALLERGIES: _____
MEDICATIONS: _____
(any medications that may be taken during competition require a physician's note)
PREVIOUS HEAD/NECK/BACK INJURY: _____
HEAT DISORDER OR SICKLE CELL TRAIT: _____
PREVIOUS SIGNIFICANT INJURIES: _____
ANY OTHER IMPORTANT MEDICAL INFORMATION: _____

Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.

Parent/Guardian Signature: _____ Date: _____
Athlete's Signature: _____ Date: _____

Section 4: Clearance for Participation

☐ Cleared without restrictions ☐ Cleared with the following restrictions:

Health Care Provider's Signature: _____ MD/DO, PA, NP Date: _____

For office use only: This card is valid from April 1, 20____ through June 30, 20____
Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.
Name of School: _____ Name of ATC: _____

Sports Medicine

Sudden Cardiac Arrest

- All students must complete the annual PPE
- All students must sign the SCA Fact Sheet on PPE form
- Coaches must hold valid CPR certification.

Concussion:

- Parents and Athletes must read and sign PPE Concussion information sheet



DIAA Concussion Protocol

Shows Signs or Symptoms

- a. Remove from play - Official or Coach
- b. Evaluated by a Qualified Healthcare Professional (QHP) includes: MD, DO, School Nurse, Nurse Practitioner, Physician's Assistant or Athletic Trainer (ATC)

At this point, athlete must have written clearance from a QUALIFIED PHYSICIAN to return to practice or play.



Emergency Action Plan [EAP]

Create an
Action Plan and
practice it.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:		
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1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM																																	
CALL 911			START CPR			GET THE AED																																	
CALL 911. Explain emergency. Provide location.			<ol style="list-style-type: none"> Position person on back. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression. Take turns with other responders as needed 			<table border="1"> <thead> <tr> <th></th> <th>PRACTICE</th> <th>EVENTS</th> </tr> </thead> <tbody> <tr> <td>Closest AED</td> <td></td> <td></td> </tr> <tr> <td>Student 1</td> <td></td> <td></td> </tr> <tr> <td>Student 2</td> <td></td> <td></td> </tr> </tbody> </table>				PRACTICE	EVENTS	Closest AED			Student 1			Student 2																					
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MEET AMBULANCE at EMS Access Point. Take to victim.			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS <ol style="list-style-type: none"> Remove clothing from chest. Attach electrode pads as directed by voice prompts. Stand clear while AED analyzes heart rhythm. Keep area clear if AED advises a shock. Follow device prompts for further action. After EMS takes over, give AED to Athletic Administrator for data download. 			CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.																																	
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ANYONE CAN SAVE A LIFE

Practice Policies

DIAA Regulation 1008/1009.4.2

ALL practice days (school and non-school day):

- One day of no activity (practice, scrimmage, or contest) per seven day period
- A minimum of 21 calendar days of pre-practice prior to the first competition date
- Student must practice at least 7 calendar days prior to participating in a contest



Practice Policies

DIAA Regulation 1008/1009

- **School day practices** are limited to two (2) hours **which includes all instructional activity** (team meetings, film, warm up/cool down sessions)
- **Practice on Non School Days:**
 - Each practice session should not exceed 3 hours



Practice Policies

- **Wrestling Maximum Meet Schedules:**
 - 18 meets maximum/regular season
 - 3 contests per week scheduled
 - The season limit for wrestling is 18 contests of which no more than six may be non-dual meet tournaments, or five non-dual meet tournaments and one dual meet tournaments
- **Weekly Individual Limitations:**
 - 3 contests max student athlete may play in
 - student athletes limited to compete in 5 matches/day
 - **Varsity and JV coaches expected to communicate about daily competition limits per student athletes**



Sportsmanship

The practice of good sportsmanship is one of the primary goals of interscholastic athletics.

1007.1.2.1.5.2 The **function of the coach** is to educate students through participation in interscholastic athletics. Demonstrate high ideals, good habits and desirable attitudes in their behavior. Coaches interactions shall be of the highest ethical and moral standard. Coaches should recognize the tremendous influence they have on student athletes and never place the value of winning above the highest ideals of character.



14 points of coach expectations in Regulation 1007 (Sportsmanship)

Sportsmanship

1007.1.2.1.5.4 **Officials** are participants in the educational development of high school students. They must exercise a high level of self-discipline, independence and responsibility. Remember that the field is a classroom. Officials must be highly ethical in all forums, chat rooms, all forms of social media, and communications regarding the sport and participants.

9 points of officials expectations in Regulation 1007 (Sportsmanship)



DIAA POLICIES & PROCEDURES

Incident & Game Ejection Procedure:

- Submit Incident Report Form (found on the website)
 - <https://education.delaware.gov/diaa/digital-assets/diaa-incident-reporting-form/>
- Please censor when sending ejection reports.
ex. – S\$%T, F#\$K etc .
- The DIAA Office must be notified by noon of the next day so the school AD can be notified of ejection/game suspension.
- If association does not have an incident chair coordinating, individual officials are responsible for reporting incidents directly to DIAA using form above.



REPORTING FORM

Sportsmanship

Home / Resources / Sportsmanship

<https://www.doe.k12.de.us/page/2167>

DIAA Sportsmanship Committee

DIAA Regulation 1007 – Sportsmanship

Form

Use

[DIAA Incident Reporting Form](#) Please use this form to report unsportsmanlike conduct and behavior.

[Sportsmanship Incident Report Form](#) Please use this form to report all other sportsmanship incidents, **including positive feedback of players, coaches or teams.**

[DIAA Soccer Card Accumulation Policy](#)

Resources

[Website4Sports](#)

[NFHS](#)

[Important Links](#)

[Student Leadership and Awards](#)

☐ **Sportsmanship**

[Dale Farmer Sportsmanship Award](#)

- Reporting positive instances of Sportsmanship by game participants



Tournament Manual

- DIAA website:
https://education.delaware.gov/diaa/sport_championships/tournament_manuals/
- Review General Information and Sport Specific Information
- Pay attention to important dates
 - Team report deadline
 - Website Information deadline



Wrestling Season Dates

- November 8 - 1st date of winter sport preseason practice
- December 1 - 1st date of competition for winter sports
- January 9, 2022- Wrestling Committee Meeting
- February 5, 2022 - last date of competition for wrestling
- February 6, 2022 - Wrestling Committee Seeding Meeting (Team Championship)
- Championship dates:
 - February 9 - R1 Team Championship
 - February 12 - R2 & Finals of State Team Championship Meet @ Smyrna HS
 - February 15 - last date to certify lowest weight
 - February 18 & 19 - Conference/Qualifying Tournaments
 - February 20 - Wrestling Committee Seeding Meeting (Individual Championship)
 - February 25 & 26 - Individual State Wrestling Championship @ Cape Henlopen
 - March 27 - Wrestling Committee Post-Tournament Meeting



Officials NFHS Sport Exam

- NFHS Online Sport Exam accessed through Dragonfly
- WRESTLING:
 - Part 1 - opened 8/31
 - Part 2 - **(REQUIRED)** OPENS 11/22, CLOSES 12/20
 - 2 ATTEMPTS - SCORE HIGHER THAN 85%



Officials Registration Checklist

<https://www.dragonflymax.com>

- Update demographic info
- Join DIAA & local association
- Upload concussion certificate (every 2 years)
- Take NFHS Sport Exam
 - Part II - pass 85% or better in 2 tries
- NFHS & DIAA payments



CENTER FOR
**OFFICIALS
SERVICES**

Powered by



Center for Officials Services

- Officials are responsible for paying all their own fees in real time
 - through the Dragonfly platform.
 - NFHS fee (\$17) should be paid before 1st contest date to ensure officials have insurance
 - DIAA fees should also be paid before 1st contest date
 - Both fees open now and can be paid at the same time
 - Once fees are paid - access will be requested for NFHS mobile rules app
 - email Steph Mark - DIAA Officials Coordinator for troubleshooting/assistance or use Dragonfly chat feature



DIAA Officials Appreciation Week

October 24-30 - Fall Sports

February 7-11 - Winter Sports

April 25-May 1 - Spring Sports

DIAA is designating three weeks throughout the year to recognize the important contributions officials play in interscholastic athletics and it's an opportunity for all participants to express their gratitude for our officials in Delaware

Follow DIAA on our social platforms to contribute to the

campaign and help us celebrate our officials !



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs;
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS


- MISSION

- The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.



NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations




GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



www.nfhs.org/ebooks

NFHS Rules and Case e-books for \$6.99 each

Download from iTunes or Amazon

- E-books features:
 - Searchable
 - Highlight areas of interest
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WWW.NFHSLEARN.COM

FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Understanding Copyright and Compliance
- Hazing Prevention for Students
- Concussion in Sports
- Concussion for Students
- Sudden Cardiac Arrest
- Sportsmanship
- Positive Sport Parenting
- NCAA Eligibility





Thank you for your support of
Interscholastic Athletics!

